



Train now to be a CRC Lifeguard

Call 357-POOL(7665) www.cincyrec.org



Lifeguard Training Courses 2008

American Red Cross Lifeguard Training courses are designed to prepare an individual for lifeguard responsibilities.

- Attendance at every class is mandatory.
- Courses are free to those who work full-time for CRC for the entire 2008 summer season (book fee \$30). Course fee for those who don't work for CRC, \$225, includes book fee.
- Participants must turn 15 by the end of the lifeguard course.
- Participation in at least one free swim stroke clinic prior to the class is recommended.
- Come prepared to swim.

	<u>Location</u>	<u>Dates</u>	<u>Days of Week</u>	<u>Times</u>
<u>Winter</u>				
	1. Krueck	2/23/08 to 3/9/08	Sat. & Sun.	9:30am to 5:00pm
	2. Krueck	3/15/08 to 3/30/08 (no class 3/23)	Sat. & Sun.	8:00am to 6:00pm
<u>Spring</u>				
	3. Krueck	4/5/08 to 4/20/08	Sat. & Sun.	9:30am to 5:00pm
	4. Krueck	4/26/08 to 5/11/08	Sat. & Sun.	9:30am to 5:00pm
<u>Summer</u>				
	5. Krueck	6/2/08 to 6/6/08	Mon. thru Fri.	8:00am to 5:00pm
	6. West High (TBD)	6/11/08 to 7/30/08	Wed.	8:00am to 12:00pm
	7. Various CRC Pools (TBD)	7/21/08 to 8/1/08	Mon. thru Fri.	9:00am to 12:00pm
<u>Fall</u>				
	8. Krueck	9/6/08 to 9/21/08	Sat. & Sun.	9:30am to 5:00pm

*If you have any questions about the Lifeguard Training program or Swim Stroke Clinics call

357-POOL(7665) or e-mail us at aquatics@cincinnati-oh.gov.

Course entrance requirements: 1.) 300 yard continuous swim, front crawl (100 yards), breast stroke (100 yards) front crawl and/or breast stroke (100 yards); 2.) Swim 20 yards using front crawl or breast stroke, surface dive to a minimum of 7 feet, retrieve a 10 pound object, return to the surface with the object and swim back to the starting point, keeping face above water and holding the 10 pound object with both hands.